

West Virginia WIC's "Learning for Health" Project

Lesson Plan #2:

Fun in the Morning - Quick and Easy Breakfast Ideas

This session stresses the importance of having breakfast and offers easy ways to fit breakfast into a busy day.

Learning Objectives

By the end of this session, parents/caregivers will be able to:

1. State at least one reason breakfast is important for young children and adults.
2. Share one quick breakfast idea that they have used/tried.
3. Choose at least one easy recipe or breakfast food that they will try in the next two days.

Materials

- Lesson Plan Posters (2)
- Copies of Parent Fact Sheet
- Easel, flip chart and colorful markers
- Supplies to share make/share the Bran Cereal Muffin recipe with children and/or participants.

Preparation

- Set up room in informal way
- Hang posters on wall or attach to easel to show at appropriate time

Introduction

- Introduce yourself and welcome everyone.
- Briefly share topic and how long the group will last.
- Have group members introduce themselves.

Discussion Questions

What are mornings like in your home?

Have participants share some of their experiences - these may include discussion of how hectic the mornings are and the difficult it is to "fit" breakfast in.

Acknowledge that life is crazy and everyone is rushed in the mornings, especially if you need to get ready for work, daycare or take care of your children.

Why do you think breakfast is important?

List the ideas on the flip chart.

Add/discuss the following

- Children who eat breakfast do better in school
- Their bodies and brains need the energy that breakfast gives them.
- Children don't think as well or learn as well if they don't get breakfast.
- The same is true for young children who are not in school yet. They need breakfast, too.
- Breakfast can make a difference in how well your child plays and how good your child feels
- You want your child to learn, play hard and feel good!

What are some good ideas that you have for making breakfasts easier?

Write the ideas on the flipchart. You may want to highlight any of the ideas that include fruit, fruit juices and fiber.

Share/discuss some of the easy ideas from the posters/fact sheet, including:

- Breakfast can be quick - a bowl of cereal and milk with a glass of juice.
- A piece of cheese on toast and a glass of juice.
- Sometimes peanut butter toast is great with a glass of milk.
- How about getting everything ready the night before?
- How about taking turns getting breakfast ready?
- How about taking breakfast along to eat on the way to preschool, daycare, or appointments.

- Make a peanut butter and jelly sandwich and take milk or juice in a “to-go” cup with a straw.

Okay - we have talked a bit about your children but what about you? What about your breakfast habits? Do you eat breakfast every day?

- If you have a hard time “getting going” in the morning, it could be because your body and brain needs energy.
- Do you start to sag about 10:00 in the morning? You need breakfast!
- Start small - sip some juice or milk while you get dressed.
- Last night’s pizza, spaghetti or beef stew for breakfast? Why not? Leftovers are fast and tasty!
- Grab a banana, a bagel or cup of yogurt to eat at work.
- Bring packs of instant oatmeal and some juice boxes in your lunch bag to eat mid-morning or whenever you need a little snack.

Evaluation/Wrap-up

- Here is something that you might be interested in (hold up copy of the fact sheet if not passed out already). It includes many of the things we talked about today.
- Who would like one? (pass out to interested participants)
- What is one new breakfast idea that you’ll try in the next couple of days?
- Encourage participants to write down some of the good ideas that they will try in the space provided on the back of the Fact Sheet.
- Thank them for coming to the group and participating. Let them know that they can call you or stop by for more information whenever they wish.